



# WELLNESS

## SELF PERCEPTION QUESTIONNAIRE

NAME:

DATE:

THE PURPOSE OF THIS QUESTIONNAIRE IS TO ACCESS OUR INDIVIDUAL SELF PERCEPTION OF WELLNESS.

### The Procedure

1. Place an X over the appropriate circle for each question.
2. Write the number found in that circle in the box provided to the right.
3. Total each section to get a wellness total.
4. Total all wellness totals to get a comprehensive total.
5. Use the rating chart to rate each wellness area.
6. Complete the results, conclusions and implications section.

### EMOTIONAL WELLNESS

Questions	Strongly Agree	Agree	Disagree	Strongly Disagree	Score
1. I am happy most of the time	(4)	(3)	(2)	(1)	<input type="text"/>
2. I have good self esteem	(4)	(3)	(2)	(1)	<input type="text"/>
3. I do not generally feel stressed	(4)	(3)	(2)	(1)	<input type="text"/>
Total					<input type="text"/>

### INTELLECTUAL WELLNESS

Questions	Strongly Agree	Agree	Disagree	Strongly Disagree	Score
4. I am well informed about current events	(4)	(3)	(2)	(1)	<input type="text"/>
5. I am comfortable expressing my opinions and views	(4)	(3)	(2)	(1)	<input type="text"/>
6. I am interested in my career development	(4)	(3)	(2)	(1)	<input type="text"/>
Total					<input type="text"/>

### PHYSICAL WELLNESS

Questions	Strongly Agree	Agree	Disagree	Strongly Disagree	Score
7. I am physically fit	(4)	(3)	(2)	(1)	<input type="text"/>
8. I am able to perform the physical tasks of my work	(4)	(3)	(2)	(1)	<input type="text"/>
9. I am physically able to perform leisure activities	(4)	(3)	(2)	(1)	<input type="text"/>
Total					<input type="text"/>

### SOCIAL WELLNESS

Questions	Strongly Agree	Agree	Disagree	Strongly Disagree	Score
10. I have many friends and am involved socially	(4)	(3)	(2)	(1)	<input type="text"/>
11. I have close ties with my family	(4)	(3)	(2)	(1)	<input type="text"/>
12. I am confident in social situations	(4)	(3)	(2)	(1)	<input type="text"/>
Total					<input type="text"/>

MORE QUESTIONS AND RESULTS CHART ON PAGE 2



## SPIRITUAL WELLNESS

Questions	Strongly Agree	Agree	Disagree	Strongly Disagree	Score
13. I am fulfilled spiritually	(4)	(3)	(2)	(1)	<input type="text"/>
14. I feel connected to the world around me	(4)	(3)	(2)	(1)	<input type="text"/>
15. I have a sense of purpose in my life	(4)	(3)	(2)	(1)	<input type="text"/>
				Total	<input type="text"/>

## WELLNESS RATING CHART

RATING	WELLNESS AREA SCORES	COMPREHENSIVE WELLNESS SCORES
High Level Wellness	10-12	50-60
Good Wellness	8-9	40-49
Marginal Wellness	6-7	30-39
Low Wellness	Below 6	Below 30

## RESULTS

WELLNESS AREA	SCORE	RATING
Emotional	<input type="text"/>	<input type="text"/>
Intellectual	<input type="text"/>	<input type="text"/>
Physical	<input type="text"/>	<input type="text"/>
Social	<input type="text"/>	<input type="text"/>
Spiritual	<input type="text"/>	<input type="text"/>
Comprehensive	<input type="text"/>	<input type="text"/>

## CONCLUSIONS AND IMPLICATIONS

In the space provided below, use several paragraphs to describe your current state of wellness. Do you think the ratings are an indicative of your true state of wellness? Are there areas in which there is room for improvements?



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